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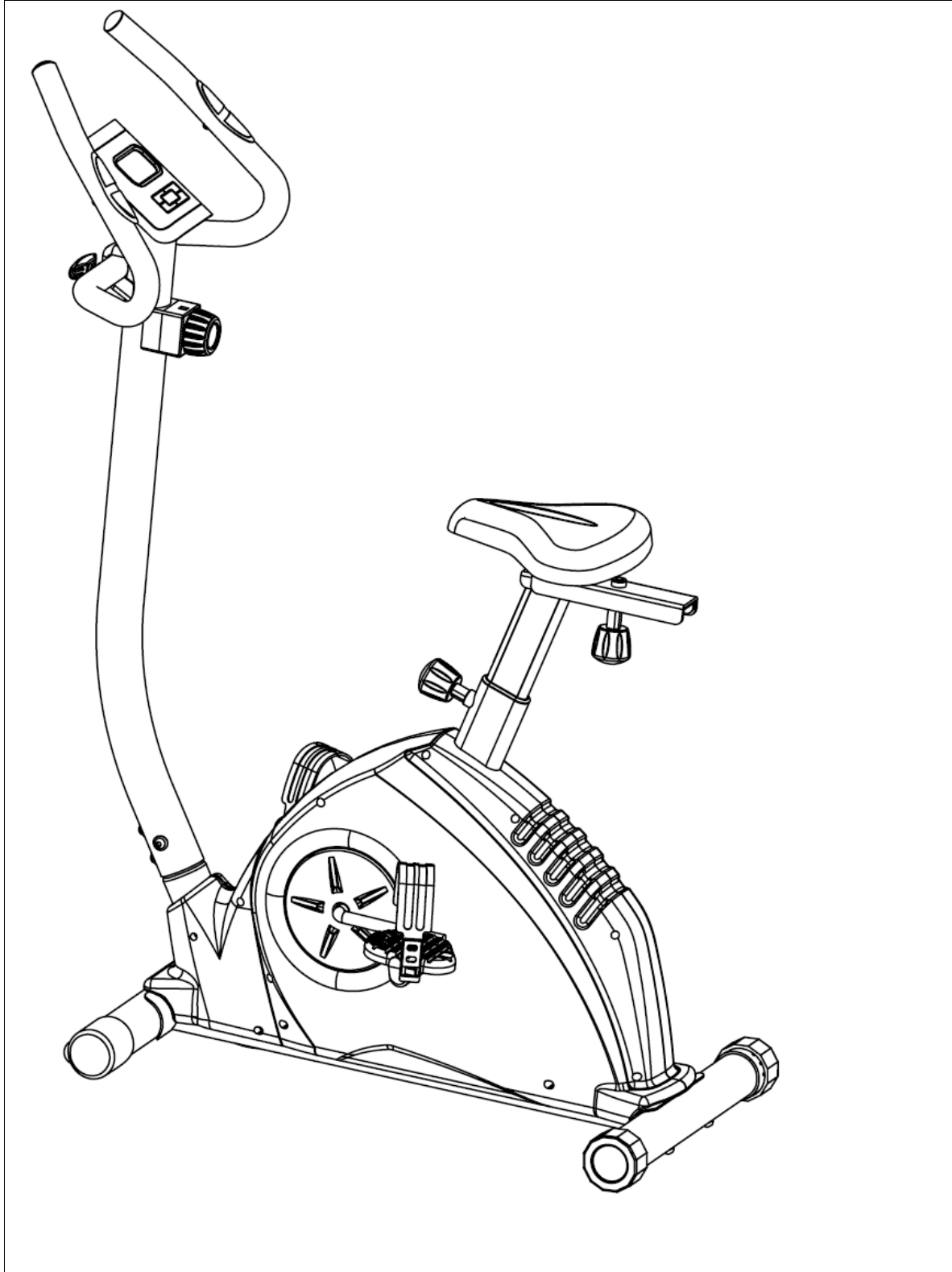
# MF B200

YK-B0801A-M

## MAGNETIC BIKE

## OWNER'S MANUAL

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## ***IMPORTANT!***

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE !

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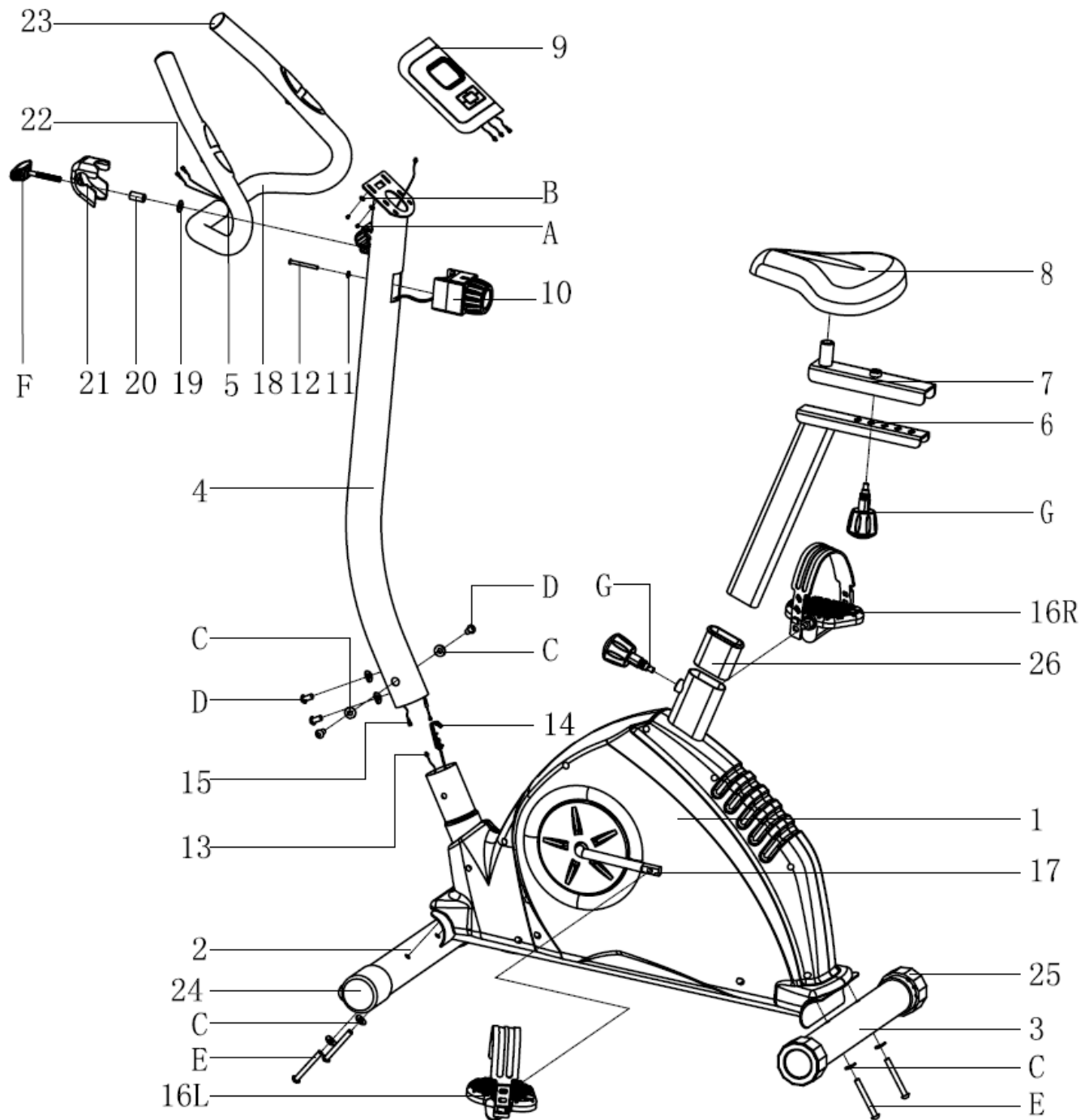
# PRECAUTIONS

**WARNING:** To reduce the risk of serious injury read the following important precautions before using the exercise bike.

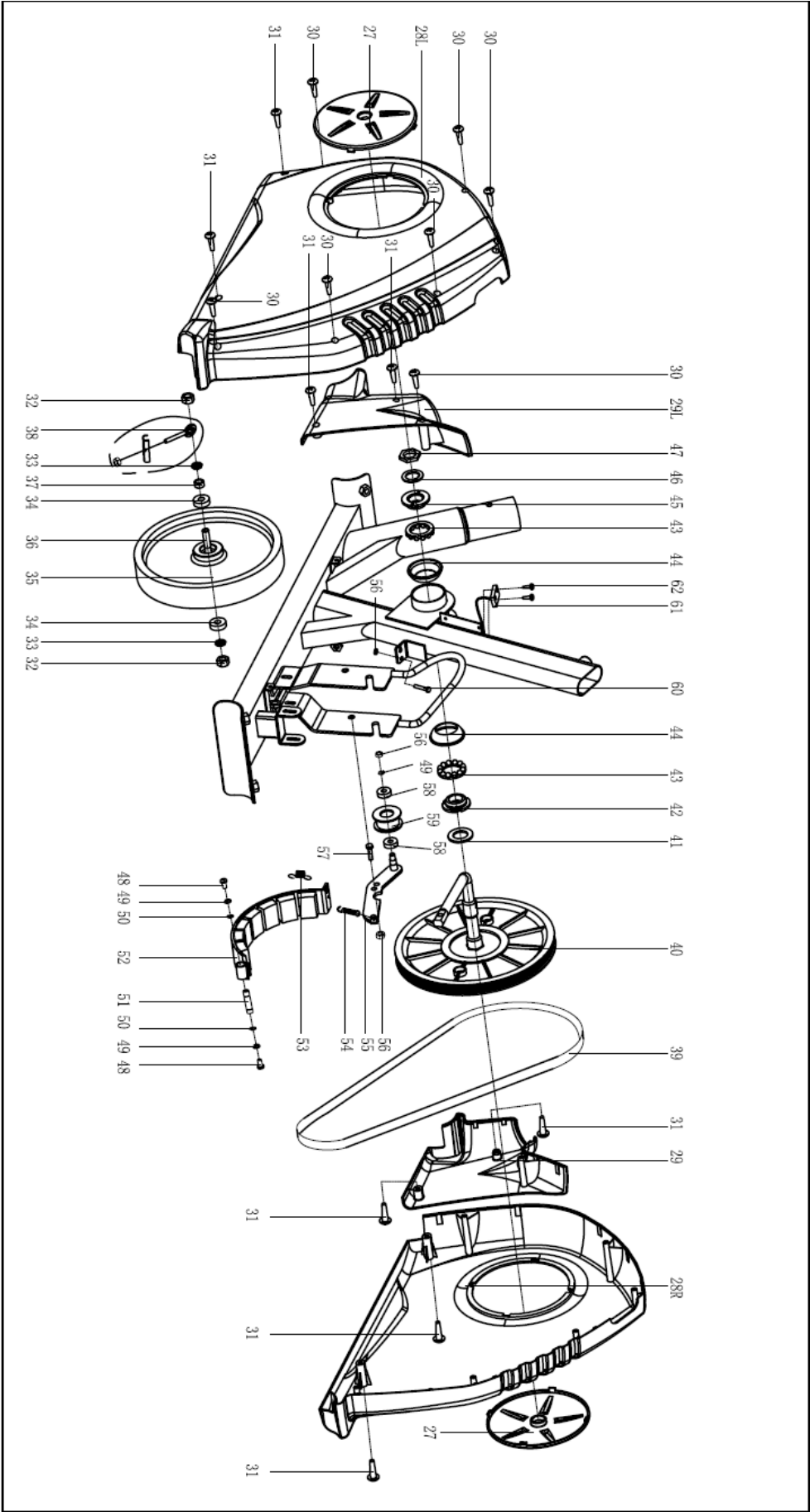
1. Read all instructions in this instruction book before using the exercise bike. Use the exercise bike only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions,
3. Use the exercise bike indoors on a level surface. Keep the exercise bike away from excessive moisture and dust,
4. The safety level of the exercise bike can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the exercise bike.
5. Keep unsupervised children away from the exercise bike at all times.
6. The exercise bike should not be used by persons weighing more than 120 kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewelry that may get caught in moving parts.
8. Do not arch your back when using the exercise bike always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The exercise bike is intended for home use only.
11. The exercise bike is not intended for therapeutic purposes.

**WARNING:** Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise bike.

# EXPLODE-VIEW:



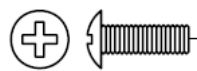
INNER EXPLODE-VIEW:




# PARTS LIST


NO.	Description	QTY	NO.	Description	QTY
A	Cross pan head screw M5x15	2	28(L/R)	Chain Cover	1 pair
B	Washer D5	2	29(L/R)	Handle post cover	1 pair
C	Arc-washer D8x $\Phi$ 20xR30	8	30	Cross pan head self-tapping screw 4.2x25	7
D	Inner hexagon pan head bolt M8x15	4	31	Cross pan head self-tapping screw 4.2x15	8
E	Inner hexagon pan head bolt M8x73	4	32	Hexagon nut M10	2
F	Knob	1	33	Cone like thin nut M10	2
G	Spring knob	1	34	Bearing 6000Z	2
H	T like screw	1	35	Fly wheel	1
I	Spring knob	1	36	Fly wheel axle	1
1	Mainframe	1	37	Cone bushing	1
2	Front bottom tube	1	38	Chain adjuster	1
3	Rear bottom tube	1	39	Belt	1
4	Handlebar post	1	40	Belt wheel	1
5	Handle bar	1	41	Washer	1
6	Seat post	1	42	tri-groove nut	1
7	Seat sliding joint	1	43	Ball rack	2
8	Seat	1	44	Bowl seat	2
9	Display	1	45	Nut	1
10	Tension controller	1	46	Loose-proofed washer	1
11	Washer	1	47	Nut	1
12	Cross pan head bolt	1	48	Inner hexagon bolt	2
13	Sensor wire	1	49	Spring washer D8	3
14	Tension wire	1	50	Clip spring	2
15	Sensor trunk wire	1	51	Magnetic board axle	1
16(L/R)	Pedal	1	52	Magnetic board	1
17	Crank	1	53	Magnetic board pull spring	1
18	Foam	2	54	Inertial pull spring	1
19	washer	1	55	Inertial wheel rod	1
20	Bushing	1	56	Nylon nut M8	3
21	Handlebar chunk cover	1	57	Hexagon bolt M8	1
22	Handle pulse wire	2	58	Bearing	2
23	Cap	2	59	Inertial wheel	1
24	End cap	2	60	Hexagon bolt M8	1
25	End cap	2	61	Sensor	1
26	Bushing	1	62	Cross pan head self-tapping screw 3.0x10	2
27	Disk cover	2			

# ASSEMBLY TOOLS

 #A M5×15 2PCS

 #B D5 2PCS

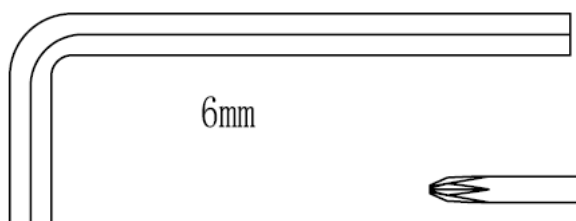
 #C D8×ø20×R30 8PCS

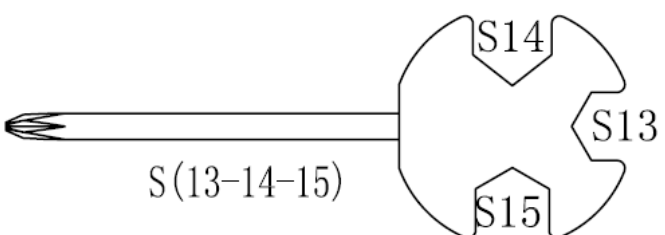
 #D M8×15 8PCS

 #E M8×75 4PCS

 #H M8 1PCS

 #G M10 2PCS

 6mm

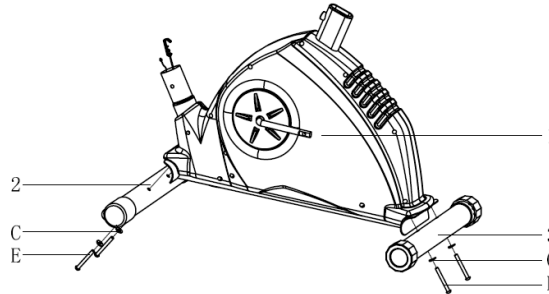
 S(13-14-15)



# ASSEMBLY STEPS

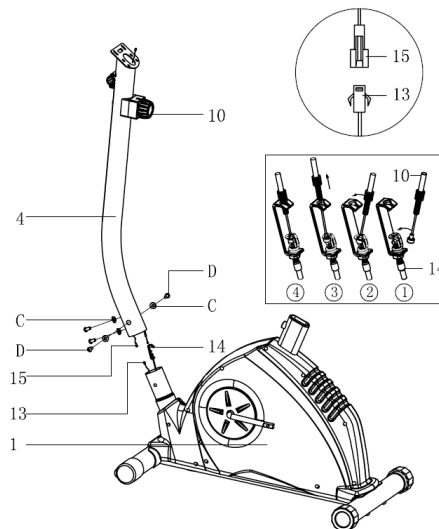
## STEP 1:

Lock front bottom tube (2) and rear bottom tube (3) to the Main frame (1) with Inner hexagon pan head bolt (M8x73(E) and Arc-washer (C).



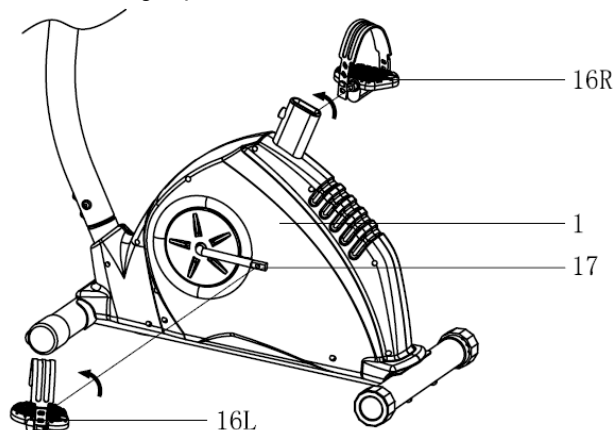
## STEP 2:

Connect the Sensor wire (13) with Sensor trunk wire (15).  
Then connect the Tension wire (14) with the Tension controller (10).  
At last fix the Handlebar post (4) to the Main frame (1) with inner hexagon pan head bolt (D) and Arc-washer (C).



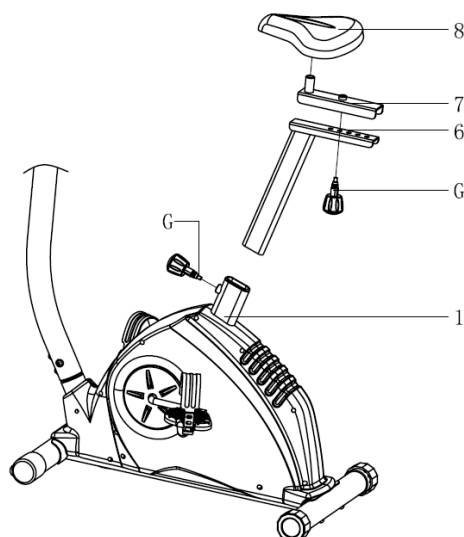
## STEP 3:

Lock the Pedal (16L/R) onto the Crank of the Main frame (1).  
ATTENTION: There are labels "L" and "R" on the left and right pedals. You should assemble the left pedal in anti-clockwise direction while the right pedal in clockwise direction.



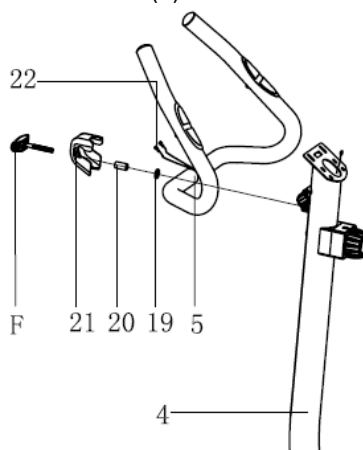
#### STEP 4:

Fix the Seat (8) to the Seat sliding joint (7) and tighten it with cross multifunctional spanner.  
Adjust the seat to a suitable position, lock Seat sliding joint (7) onto Seat post (6) with knob (G).  
Pull the Spring knob (G) out, insert the Upright seat post (6) into the Mainframe (1), and finally fix it with Spring knob (G).



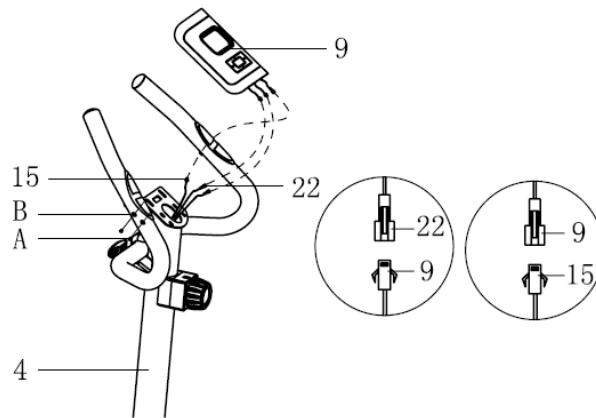
#### STEP 5:

Adjust the Handle bar (5) to a suitable angle. Insert the T like screw (F) through Handlebar chunk cover (21), Bushing (20) and Washer (19) to fix the Handlebar (5) onto the Handlebar post (4).



#### STEP6:

Connect the Handle pulse wire (22) and Trunk wire (15) to the wire of the Display (9) correctly. Attach the Display (9) to Handlebar post (4), tighten the Display (9) with Washer D5 (B) and Cross pan head screw M5x15.(A)



## CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING:** Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

### WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

## TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150

75	117-147
80	115-146
85	114-144

**Note:** This is a guide only and performance will depend on the fitness and condition (health) of the person using the exercise bike.

## BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and no not currently exercise,
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

## WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 9.
- Start slowly; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thigh) and hamstrings.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work –out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session,

- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

## HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the exercise bike.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

# STRETCHING GUIDE

## TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

## CALF STRETCH

- Stand with one leg in front of the other, both feet facing forwards and the front leg bent (the knee should be above the ankle).
- Press the heel of the back leg into the floor until you begin to feel the calf muscle in the back of the rear leg starting to stretch.

**Note: Keep your back and rear leg straight when performing this stretch.**

- Slide the rear leg backwards to increase this stretch if required.



## HAMSTRING STRETCH

- Sit with one leg extended. Bring the other leg towards you and rest the sole of that foot onto the inner thigh of the extended leg.
- Keeping your shoulders square, reach forward towards your toes as far as possible, hold for the required count and then relax.



**Note: Keep your back and rear leg straight when performing this stretch.**

## QUADRICEPS STRETCH

- With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for the required count and then relax.



## INNER THIGH STRETCH

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for the required count and then relax.



## TOE TOUTH STRETCH

- Stand with your knees bent slightly and slowly bend forward from your hips.
- Allow your back and shoulders to relax as you reach down toward your toes, stretch as far as possible. Hold for the required count, the slowly return to the upright position and relax.



## GLUTS (BUTTOCKS) STRETCH

- Sit up with your right leg stretched outwards; place your left foot over your right leg at the knee joint, placing your foot flat on the floor.
- Use your right arm to pull the bent knee across your body until you begin to feel a stretch in the left buttock. Hold for





the required count and then relax.

- Repeat using the opposite arms and legs.

## LOWER BACK

- Lie on your back with your knees bent.
- Keeping your upper back firmly on the floor, allow your knees to fall to one side, your lower back will rotate naturally. Hold for the required count and relax.
- Repeat on the other side.

**Note: If any pain is felt avoid this stretch**



## UPPER ABDOMINALS STRETH

- Lie on your stomach with your forearms flat on the floor palms



facing down.

- Try to lift your head upwards while looking forwards at all times, taking the weight onto your forearms and allowing your hips to relax into the floor. Hold for the required count and then relax.

## UPPER BACK

- Start off on all fours looking down towards the floor.
- Push your shoulders as high as possible; imagine a wire placed between your shoulder blades lifting you. Hold for the required count, and then relax.

**Note:** This stretch is sometimes called the cat stretch.



## CHEST STRETCH

- Stand up and place both hand on the small of your back (just above your backside).



- Keeping your hands where they are, slowly push your elbows together, and push your chest outwards.

**Note: This stretch is sometimes called the cat stretch.**

- Hold for the required count, and then relax.

## DELTOIDS SHOULDER STRETCH

- Stand up and place one arm across the front of the body.
- Use the other arm to push the outstretched arm into your chest.

**Note: Push at the point just above the elbow.**

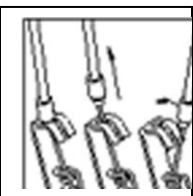
- Try to keep the arm straight and breathe normally. Hold for the required count and then relax.



## ALL OVER STRETH

- Stand with your feet shoulder width apart and your knees slightly bent.
- Place your hands above your head with your thumbs touching. Reach up evenly as high as possible, and hold for the required count and then relax.





## SPECIFICATIONS

Dimensions (L x W x H) 890x470x1300mm

Batteries 2 x "AA" size

Class Rating HC

Maximum User Weight 120kg

Please note that the specifications are subject to change without notice.